

Donald Rothberg, Ph.D., is a member of the Teachers Council at the Spirit Rock Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice and in the Hakomi approach to body-based psychotherapy. Formerly on the faculties of the University of Kentucky, Kenyon College, and Saybrook University, he currently teaches and writes on mindfulness and lovingkindness meditation, and the application of these and other practices to transforming the judgmental mind, speech and communication, working with conflict, social service, and social action. Donald is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*, and the co-editor of *Ken Wilber in Dialogue: Conversations with Leading Transpersonal Thinkers*.